

TRICARE BENEFICIARY BULLETIN – JULY 27, 2012 – 659 WORDS

LEAD MUSIC (:03)

THIS IS THE TRICARE BENEFICIARY BULLETIN, AN UPDATE ON THE LATEST NEWS TO HELP YOU MAKE THE BEST USE OF YOUR TRICARE BENEFIT. I'M AUSTIN CAMACHO. (:10)

FIRST UP: LORRAINE CWIEKA REPORTS ON PREVENTING AND TREATING CHILDHOOD OBESITY.

ACCORDING TO THE CENTERS FOR DISEASE CONTROL AND PREVENTION, CHILDHOOD OBESITY HAS MORE THAN TRIPLED OVER THE LAST 30 YEARS. STUDIES SHOW THAT THESE YOUTHS ARE MORE LIKELY TO DEVELOP RISK FACTORS FOR CARDIOVASCULAR DISEASE, INCLUDING HIGH CHOLESTEROL AND/OR BLOOD PRESSURE; AND ARE AT A GREATER RISK FOR BONE AND JOINT PROBLEMS AND SLEEP APNEA. TRICARE REMINDS BENEFICIARIES THAT EARLY DETECTION AND INTERVENTION CAN GO A LONG WAY TOWARD MANAGING AND EVEN ELIMINATING THESE RISK FACTORS.

THE TERM OVERWEIGHT IS USED TO DESCRIBE AN INDIVIDUAL WHO HAS EXCESS BODY WEIGHT FOR THEIR HEIGHT FROM FAT, MUSCLE, BONE, WATER, OR ANY COMBINATION OF THESE, WHILE OBESITY IS DEFINED AS HAVING

EXCESS BODY FAT. BOTH OF THESE ARE USUALLY DETERMINED USING BODY MASS INDEX OR BMI, A STATISTICAL MEASURE CALCULATED FROM WEIGHT AND HEIGHT.

CHANGES IN DIET AND EXERCISE CAN HELP MANAGE AND PREVENT CHILDHOOD OBESITY. EXPERTS SUGGEST LIMITING FAT AND SUGAR AND TRADING IN HIGH CALORIE SNACKS FOR FRUIT AND VEGETABLES. IN ADDITION, PHYSICAL ACTIVITY IS ESSENTIAL TO MAINTAINING A CHILD'S HEALTHY BODY WEIGHT. THE DEPARTMENT OF HEALTH AND HUMAN SERVICES RECOMMENDS THAT CHILDREN AND TEENS BE PHYSICALLY ACTIVE FOR AT LEAST 60 MINUTES EVERY DAY. THIS CAN BE ACCOMPLISHED BY LIMITING TIME SPENT WATCHING TV, PLAYING VIDEO GAMES OR ON THE COMPUTER AND ENGAGING IN FAMILY ACTIVITIES SUCH AS WALKS, BIKE RIDES OR GAMES. SCHOOL ACTIVITIES LIKE SPORTS, RECESS OR PHYSICAL EDUCATION ALSO HELP ENSURE THAT CHILDREN ARE GETTING THE RECOMMENDED AMOUNT OF ACTIVITY.

VISIT [TRICARE.MIL/GETFIT](https://www.tricare.mil/getfit) FOR RESOURCES, TOOLS AND TIPS FOR PARENTS AND CHILDREN.

FOR TRICARE MANAGEMENT ACTIVITY, I'M LORRAINE CWIEKA.

THE FISCAL YEAR 2013 TRICARE PRIME ENROLLMENT FEES FOR UNIFORMED SERVICE RETIREES AND THEIR FAMILIES GO INTO EFFECT OCTOBER 1, 2012. THE PRIME ENROLLMENT FEES FOR FY2013 ARE \$269.28 FOR RETIREES, AND \$538.56 FOR RETIREES AND THEIR FAMILY MEMBERS.

SURVIVORS OF ACTIVE DUTY DECEASED SPONSORS AND UNIFORMED SERVICES MEDICALLY RETIRED SERVICE MEMBERS AND THEIR DEPENDENTS ARE EXEMPT FROM ANNUAL FEE INCREASES. THEIR ENROLLMENT FEE IS FROZEN AT THE RATE IN EFFECT WHEN THEY WERE CLASSIFIED AND ENROLLED IN TRICARE PRIME. THEIR FEE REMAINS FROZEN AS LONG AS THERE IS NO BREAK IN THEIR TRICARE PRIME ENROLLMENT.

AS ALWAYS, ACTIVE DUTY SERVICE MEMBERS AND THEIR FAMILIES HAVE ACCESS TO TRICARE PRIME WITH NO ENROLLMENT FEE.

BENEFICIARIES CAN OPT TO PAY THEIR ENROLLMENT FEE MONTHLY, QUARTERLY OR ANNUALLY. BEFORE DECIDING TO PAY ANNUALLY, BENEFICIARIES SHOULD KEEP IN MIND THAT IN MOST CASES ENROLLMENT FEES ARE NON-REFUNDABLE, AND CONGRESSIONAL CHANGES TO FEES IN THE 2013 BUDGET COULD OCCUR. FOR THIS REASON, IT'S RECOMMENDED THAT BENEFICIARIES PAY THEIR ENROLLMENT FEE MONTHLY OR QUARTERLY. TO LEARN MORE ABOUT TRICARE PRIME ENROLLMENT FEES, VISIT TRICARE.MIL/COSTS.

FINALLY: ANNEMARIE FELICIO REPORTS ON USING TRICARE WITH OTHER HEALTH INSURANCE.

FOR BOTH MEDICAL AND PHARMACY CLAIMS, TRICARE IS THE LAST PAYER TO ALL HEALTH CARE BENEFITS AND INSURANCE PLANS, EXCEPT FOR MEDICAID, TRICARE SUPPLEMENTS, THE INDIAN HEALTH SERVICE AND OTHER PROGRAMS AND PLANS IDENTIFIED BY THE TRICARE MANAGEMENT ACTIVITY. IF YOU HAVE OTHER HEALTH INSURANCE, OR OHI, LET YOUR REGIONAL CONTRACTOR AND HEALTH CARE PROVIDERS KNOW SO THEY CAN HELP YOU COORDINATE YOUR BENEFITS AND ENSURE TIMELY REIMBURSEMENT.

BENEFICIARIES MUST FILE CLAIMS WITH THEIR OHI FIRST. IF THERE IS A BILLED AMOUNT YOUR OHI DOES NOT COVER, YOU CAN FILE A CLAIM WITH TRICARE FOR REIMBURSEMENT. TRICARE ISSUES REIMBURSEMENTS BASED ON PROVIDER STATUS, SO IT WILL NOT NECESSARILY COVER ALL OF THE REMAINING COST.

TO AVOID HIGHER OUT-OF-POCKET PRSCRIPTION COSTS, USE A RETAIL PHARMACY THAT IS BOTH COVERED BY YOUR OHI PLAN AND IS IN THE TRICARE RETAIL NETWORK. AFTER THE OHI PAYS, TRICARE MAY REIMBURSE YOU FOR PART OR ALL OF YOUR OUT-OF-POCKET COSTS, INCLUDING COPAYMENTS. FOR

MORE INFORMATION ABOUT PHARMACY CLAIMS GO TO
TRICARE.MIL/PHARMACY.

FINALLY, IT IS IMPORTANT TO FOLLOW ALL OF YOUR OHI'S REQUIREMENTS
AND RULES. IF YOUR OHI DENIES A CLAIM FOR FAILURE TO FOLLOW ITS RULES,
SUCH AS OBTAINING CARE WITHOUT AUTHORIZATION OR USING A PROVIDER
WHO IS NOT AUTHORIZED BY YOUR OHI, TRICARE MAY ALSO DENY YOUR
CLAIM.

FOR MORE INFORMATION ON USING TRICARE WITH OHI, GO TO
TRICARE.MIL/OHI.

FOR TRICARE MANAGEMENT ACTIVITY, I'M ANNEMARIE FELICIO.

AND THAT'S TODAY'S TRICARE BENEFICIARY BULLETIN. WE'LL HAVE MORE
NEWS YOU CAN USE NEXT WEEK. (:03)

TAIL MUSIC (:03)